

FIG. 1

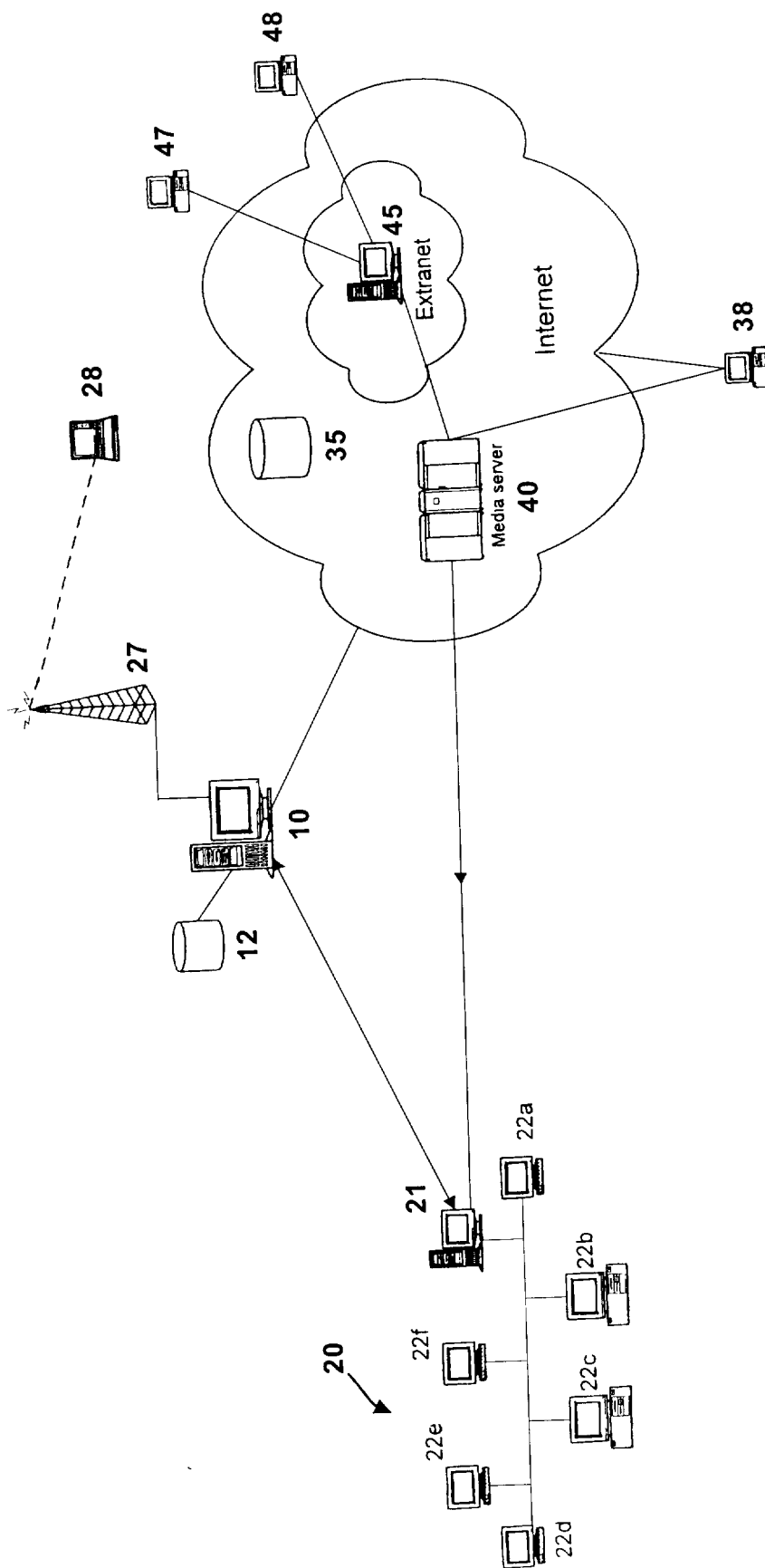


FIG. 2

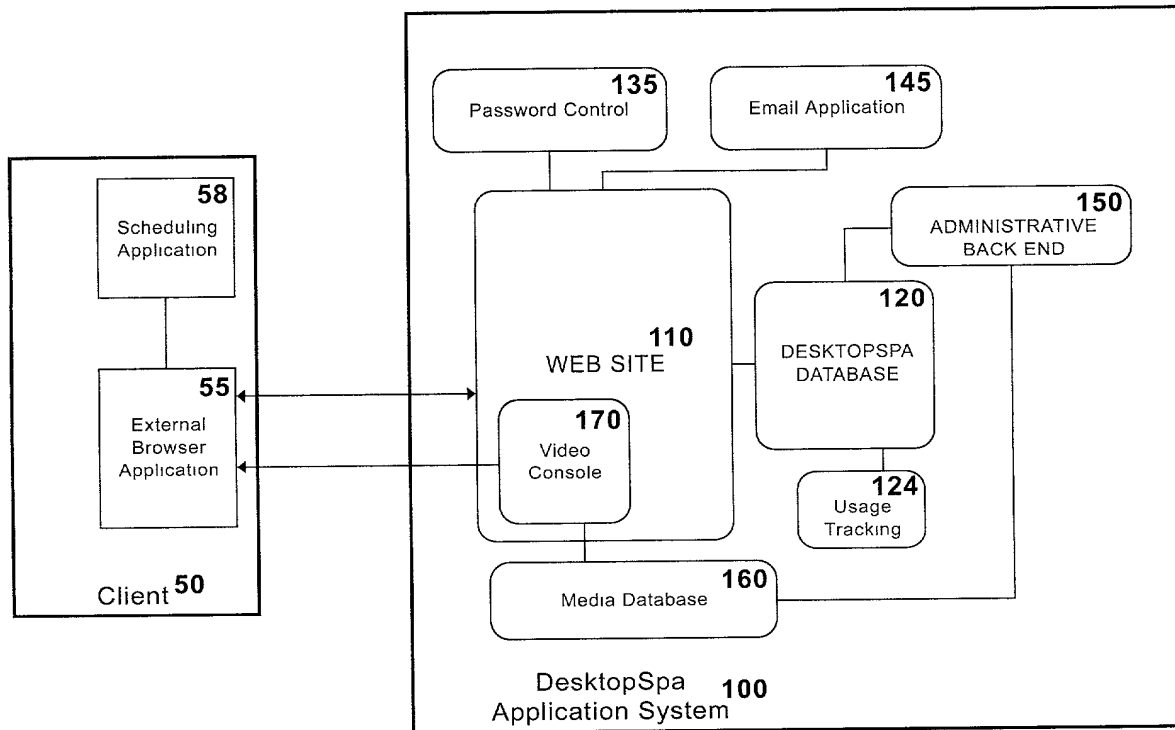


FIG. 3

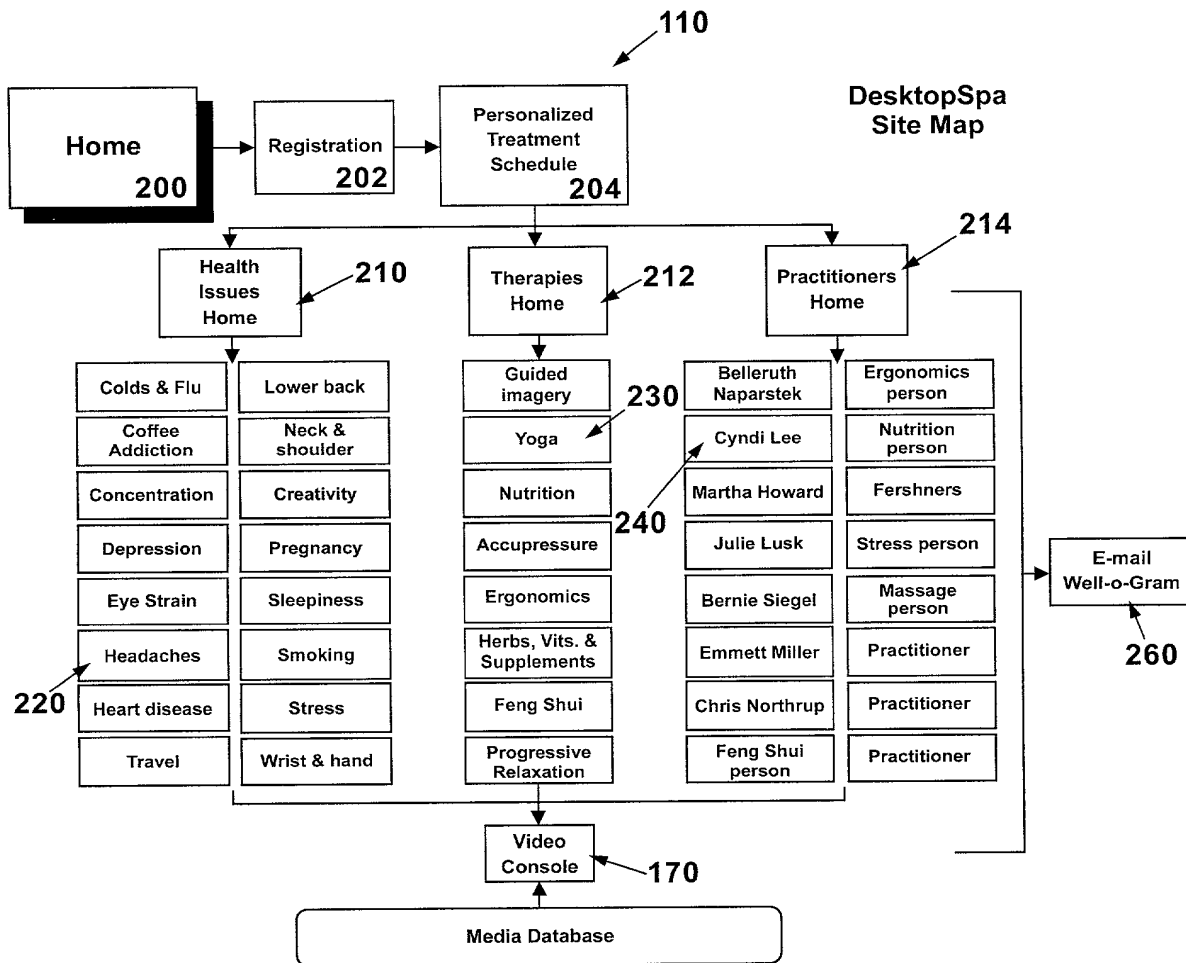


FIG. 4

200

301

302a

302f

302p

303a

303f

303p

304

305

310

170

Internet

DesktopSpa StayHealthy@Work

Design Your Personal Daily Desktop Treatment Schedule

Use the sliders to evaluate how often each of the following health issues is a problem for you:

Find a Treatment Browse by: Health Issue Therapy Practitioner

Today's Featured Desktop Treatment: Martha Howard's Do-it-Yourself 3-minute Accupressure Headache Relief

Registered Users Login

Name

Password

Forgotten Your Password?

submit resetall

Privacy Guarantee

24.0 Kbps 1:00:00

FIG. 5

202

desktopspa

Tell us About Yourself

Sex ☒ Female
☒ Male

Age

First Name
Last Name
Email Address
Username
Password
Password again
Corporate Code Social security #


Favorite Therapy (*optional)
☐ Accupressure ☐ Meditation
☐ Qi Gong ☐ Yoga

☐ Remember my ID and password so that I don't have to log in each time I visit this site
(Why wouldn't you do this? If you're worried about other users who might sit at your computer seeing what health treatments and issues are important to you)

My connection speed is ☐ T1 or faster
(What does this mean?) ☐ 56 k modem

I prefer ☐ RealVideo
☐ Windows Media
☐ Quicktime

Legal Agreement copy here. ☐ I Agree



[Our Privacy Policy](#)

FIG. 6

204

Recommended Daily Treatment Schedule - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Address http://www.desktopspa.com/recommendations.html

DesktopSpa Stay Healthy@Work Logout

Luke's Daily Desktop Treatment Schedule

September 4, 2000

HEALTH ISSUES

- Depression
- Eye Strain
- Headaches
- Heart disease
- Travel, planes & traffic
- Lower back pain
- Neck & shoulder pain
- Not feeling creative
- Pregnancy discomfort
- Sleepiness
- Stress
- Wrist & hand pain
- Cigarettes
- Cold & flu
- Coffee
- Difficulty concentrating

THERAPIES

PRACTITIONERS

Set Your Reminders

7 am 321a

8:00

9:00 Start Your Day With Focus set reminder

10:00 321b 322a

11:00

12 pm Healthy Lunch Tip of the Day set reminder

1:00 322b

2:00 321c

3:00

4:00 Afternoon Imagery Energy Boost set reminder

5:00

6:00 322c

7:00

Additional Treatments Recommended for You

(Drag and drop item to add it to your schedule)

Headaches

- Acupressure for Headaches - Marina Howard - 4:25 - Acupressure
- Freedom From Headaches - Thomas Cobb - 4:47 - Qi Gong
- Control Headache Pain - Phyllis Grange - 3:32 - Biofeedback

Stress

- Helping Stressful Cops - Cyndi Lee - 4:01 - Yoga
- Coping Exposed - The Foreman - 3:36 - Film

Eye Strain

- Eyeballs Need Stretching Too - Cyndi Lee - 3:00 - Yoga
- Keep a Healthy Desk - Bob Lutz - 1:02 - Ergonomics

Depression

- Fight Depression - Mollath Napierstek - 4:03 - Guided Imagery
- Design a Happy Workplace - Chris Ho Park - 3:02 - Film Study

Send A Friend A Well-O-gram

Create A New Schedule | Print This Screen | Privacy Guarantee

Internet

320

327

325

326a

326i

09776997 061801

September 4, 2000

Set Your Reminders		Additional Treatments Recommended for You
7 ^{am}		(Drag and drop item to add it to your schedule)
8 ^{am}		
9 ^{am}	Start Your Day With Cyndi Lee - Yoga	Martha Howard
10 ^{am}		Thomas Cobb - 4:47
11 ^{am}		Ylla Grannis 3:32
12 ^{pm}	Healthy Lunch Tip Dean Omish - Nutrition	dr Lee - 4:04 - Yoga
1 ^{pm}		here - 3:30 - Fun
2 ^{pm}		Cyndi Lee - 3:00
3 ^{pm}		Keep a Healthy Desk - Bob Lufnager - 1:02 Ergonomics
4 ^{pm}	Afternoon Imagery Energy Boost Belleruth Naparstek - Guided Imagery	Depression Fight Depression - Belleruth Naparstek - 4:01 Guided Imagery

Set Your Reminders - Step 1

Please indicate HOW you would like the reminder for this event delivered.

- ☐ Daily Email
- ☐ Microsoft Outlook Reminders
- ☐ Synch My Palm Pilot
- ☐ Call My Cell Phone/Pager
- ☐ Instant Messenger

Submit Query

FIG. 7a

September 4, 2000

Set Your Reminders		Additional Treatments Recommended for You
7 ^{am}		(Drag and drop item to add it to your schedule)
8 ^{am}		
9 ^{am}	Start Your Day With Cyndi Lee - Yoga	Martha Howard
10 ^{am}		Thomas Cobb - 4:47
11 ^{am}		Ylla Grannis 3:32
12 ^{pm}	Healthy Lunch Tip Dean Omish - Nutrition	dr Lee - 4:04 - Yoga
1 ^{pm}		here - 3:30 - Fun
2 ^{pm}		Cyndi Lee - 3:00
3 ^{pm}		Keep a Healthy Desk - Bob Lufnager - 1:02 Ergonomics
4 ^{pm}	Afternoon Imagery Energy Boost Belleruth Naparstek - Guided Imagery	Depression Fight Depression - Belleruth Naparstek - 4:01 Guided Imagery

Set Your Reminders - Step 2

Please indicate WHEN you would like the reminder for this event delivered.

7AM ☒

Submit Query

FIG. 7b

September 4, 2000

Set Your Reminders		Additional Treatments Recommended for You
7 ^{am}		(Drag and drop item to add it to your schedule)
8 ^{am}		
9 ^{am}	Start Your Day With Cyndi Lee - Yoga	Martha Howard
10 ^{am}		Thomas Cobb - 4:47
11 ^{am}		Ylla Grannis 3:32
12 ^{pm}	Healthy Lunch Tip Dean Omish - Nutrition	dr Lee - 4:04 - Yoga
1 ^{pm}		here - 3:30 - Fun
2 ^{pm}		Cyndi Lee - 3:00
3 ^{pm}		Keep a Healthy Desk - Bob Lufnager - 1:02 Ergonomics
4 ^{pm}	Afternoon Imagery Energy Boost Belleruth Naparstek - Guided Imagery	Depression Fight Depression - Belleruth Naparstek - 4:01 Guided Imagery

Set Your Reminders - Step 3

Your have scheduled a reminder for your Microsoft Outlook Reminders at 9am.

Close and Return to Your Schedule

FIG. 7c

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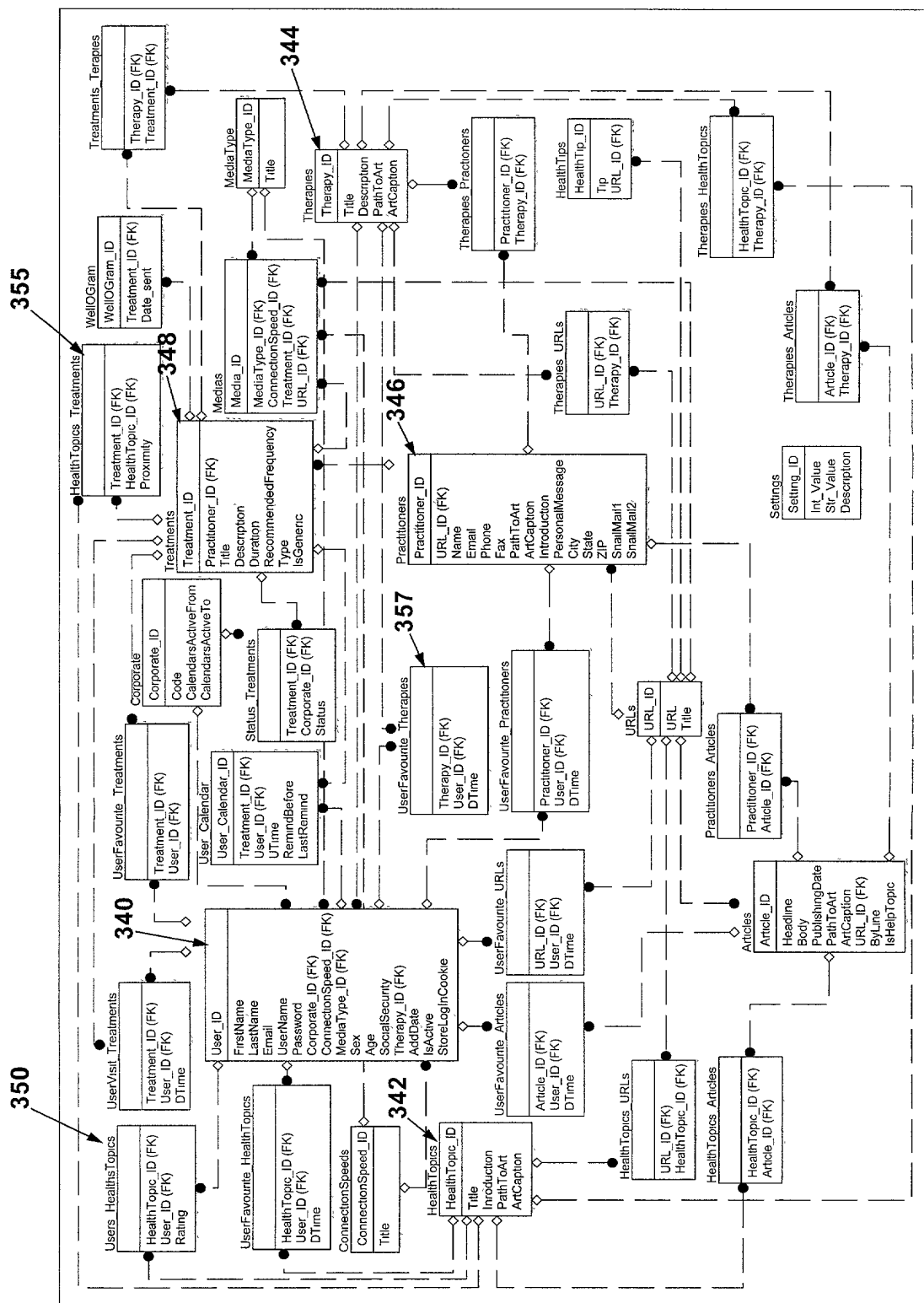


FIG. 9

260

Well-o-Gram

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed diam nonummy nibh. Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed diam nonummy nibh. Lorem ipsum dolo.

You are sending this treatment: **Treatment Title Here.**

Your friend's name

Your friend's email

Personal message

Send Well-o-Gram

FIG. 10

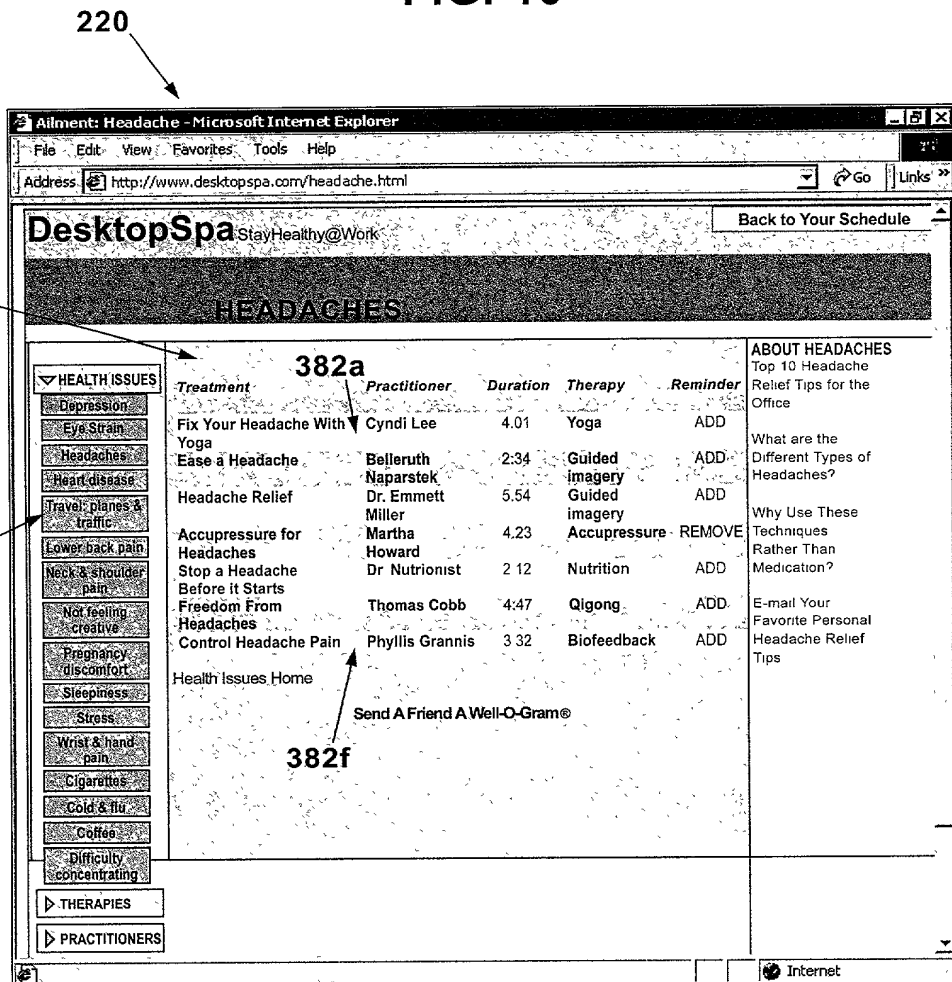


FIG. 11

230

Treatment: Yoga - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Address <http://www.desktopspa.com/yoga.html> Go Links

DesktopSpa Stay Healthy@Work [Back to Your Schedule](#)

YOGA

Treatment	Practitioner	Duration	Health Issue	Reminder
Help! I'm stressed out!	Cyndi Lee	4 01	Stress	ADD
Cats & Cows @ the Office	Cyndi Lee	3:23	Lower back pain	ADD
Cyndi's 2-minute Keyboard Break	Cyndi Lee	2 04	Wrist & hand pain	REMOVE
4pm Yoga Energy Boost	Cyndi Lee	3:34	Sleepiness	ADD
Yoga for the Frequent Flier	Cyndi Lee	5 43	Travel	ADD
Yoga for Freeway Traffic Jams	Cyndi Lee	3:24	Travel	ADD
Cyndi's Smoke Break	Cyndi Lee	2 34	Cigarettes	ADD
Eyeballs Need Stretching	Cyndi Lee	3:00	Eye strain	REMOVE
Too Breath & Focus	Cyndi Lee	1 34	Difficulty concentrating	REMOVE
Wrist Rolls (Aren't Sushi)	Julie Lusk	3:32	Wrists & Hands	ADD
Yoga on the Go	Julie Lusk	5 01	Travel	ADD
Shoulder Shruggers	Julie Lusk	3:21	Back & neck pain	ADD
Create a Life Not a Lifestyle	Julie Lusk	4 01	Stress	ADD

Therapies Home

Send A Friend A Well-O-Gram®

HEALTH ISSUES

THERAPIES

- Yoga
- Nutrition
- Ergonomics
- Acupressure
- Feng Shui
- Meditation
- Eye Care
- Herbs, Vitamins, Supplements
- Creativity

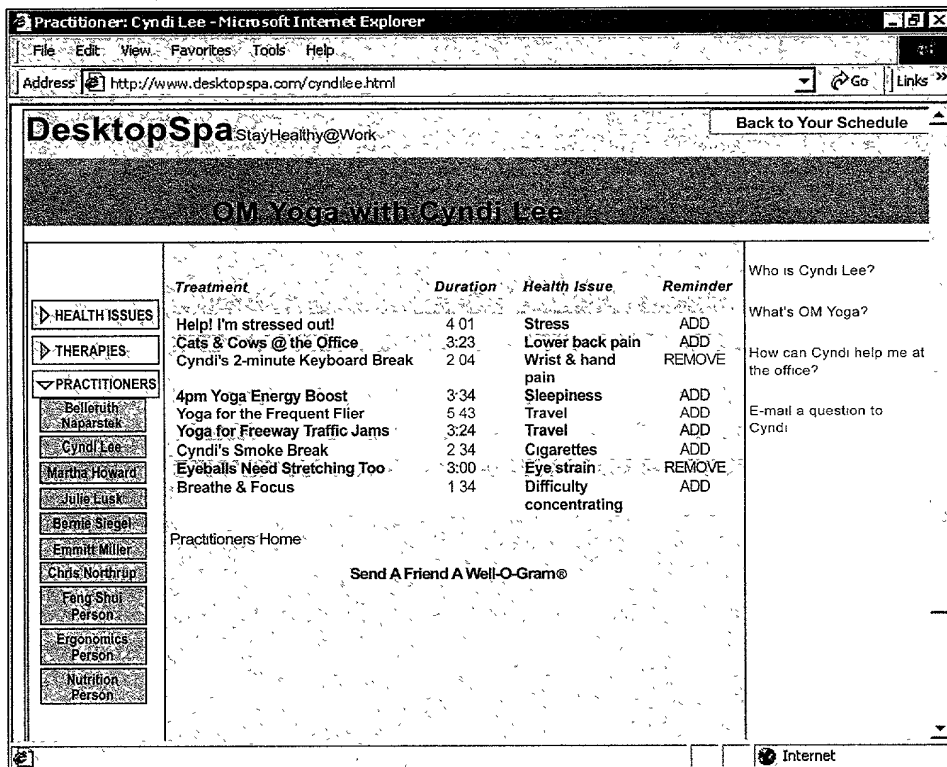
PRACTITIONERS

ABOUT YOGA
What is Yoga and How Can it Help You?
Breathing It's More Important Than You Think
Additional Yoga Resources
Meet Our Yoga Practitioners

Internet

FIG. 12

240



09776997 061801

FIG. 13

400

Welcome administrator! Select a tool.

<u>Practitioner Tools</u> Add Edit Delete	<u>Special Topic</u>
<u>Treatment Tools</u> ← 405 Add Edit Delete	<u>Health Tip</u>
<u>Therapy Tools</u> Add Edit	<u>Quote of the Day</u>
<u>Article Tool</u> Add Edit	<u>URL Tool</u>
<u>User Tool</u>	<u>Corporate Tools</u> Add Edit
<u>Mailing Lists</u>	

09775997 064304
T08T90 26692260

FIG. 14

410

Add a Treatment

Associate this treatment with these therapies

Yoga
Guided Imagery

>
<

Massage

Practitioner

Title

Description

Related Health Topics

Never ----- Always

•Headaches ☐ ☐ ☐ ☐ ☐

•Smoking ☐ ☐ ☐ ☐ ☐

•etc... ☐ ☐ ☐ ☐ ☐

This treatment is only for this corporation

Duration

Recommended Frequency

This treatment is a ☐ video clip ☐ audio clip

URL of Media

419

Edit an Existing Treatment

Delete an Existing Treatment

09776997 061801

FIG. 15

420

Add a Treatment

Associate this treatment with these therapies

Yoga
Guided Imagery

>
<

Massage

Practitioner [Add a Practitioner](#)

Title

Description

Related Health Topics

Never ----- Always

•Headaches ☐ ☐ ☐ ☐ ☐

•Smoking ☐ ☐ ☐ ☐ ☐

•etc... ☐ ☐ ☐ ☐ ☐

Priority

Duration

Recommended Frequency

URL of Video

[Edit an Existing Treatment](#) [Delete an Existing Treatment](#)

FIG. 16

430

User1 Last Login: mm:dd:yy hh:mm [Send this user an email](#)

First Name

Last Name

Email Address

Username

Password

Favorite Treatment

Date Joined **10/17/00**

[View User1's Schedule](#)

This User is Currently Active

[Make Inactive](#)

434

Health issue 1 ☐

Health issue 2 ☐

Health issue 3 ☐

Health issue 4 ☐

Health issue 5 ☐

Health issue 6 ☐

432

Mailing Lists Subscribed to:
none

[Exit Without Saving](#) [Delete User](#) [Save changes](#) [Home](#)

09776997.0637

FIG. 17

440

Corporate Tool

Corporate code

Users' calendars should be active

From this hour AM

To this hour AM

☐ No reminders please

Ban the following treatments

Treatment 1	>	Headache-be gone!
Treatment 2	<	

446

Specially promote the following treatments

Treatment 1	>	Sinus rub
Treatment 2	<	

448

Our logo

[Edit an Existing Corporation](#) [Delete an Existing Corporation](#)

corp titles here <input type="text"/>	corps here <input type="text"/>	<input type="button" value="Delete It"/>
---------------------------------------	---------------------------------	--